

	Serve Size	Fibre (g)		Serve Size	Fibre (g)
Bread			Nuts		
White high fibre	2 slices	2.4	Almonds	25-30 nuts (30g)	2.5
Wholemeal	2 slices	4.0	Brazils	30g	2.5
Wholemeal with grains	2 slices	6.0	Pistachio (dried)	30g	3.0
Multigrain	2 slices	3.0	Pecans	30g	2.5
Rye	2 slices	4.0	Peanuts	30g	2.5
Fruit	2 slices	3.0	Seeds		
Wholemeal pita	1 pocket (50g)	3.0	Pumpkin	30g	3.5
Wholegrain roll	65g	4.0	Sesame	30g	3.0
Cereals			Sunflower kernels	30g	3.0
Muesli	½ cup	6.0	Vegetables		
All bran	½ cup	9.5	Carrots	1 medium (140g)	4.5
Weetbix/ Vitabrits	2 biscuits	4.0	Frozen mixed veg	½ cup (60g)	4.0
Cooked rolled oats	¾ cup	2.5	Potato	1 medium (150g)	2.0
Wheat bran	2 Tbsp.	5.5	Sweet potato	¼ small (100g)	3.0
Psyllium husks	2 Tbsp.	9.0	Shelled peas	¾ cup (100g)	5.5
Wholemeal pasta	1 cup boiled	8.0	Beetroot	1 medium (120g)	4.0
White pasta	1 cup boiled	3.0	Sweet corn kernels	½ cup (60g)	3.5
Brown rice	1 cup boiled	2.5	Fruit		
White rice	1 cup boiled	1.0	Apple	1 medium (150g)	3.0
Beans			Orange	1 medium (230g)	4.0
Baked beans	1 cup	12.0	Banana	1 medium (170g)	3.0
3-bean mix	1 cup	12.0	Pear	1 medium (150g)	4.5
Crackers			Grapes	1 medium bunch (200g)	7.0
Ryvitas	2 biscuits	3.0	Kiwifruit	1 medium (100g)	3.0
Multigrain saladas	2 biscuits	2.0	Strawberries	5 medium (100g)	1.5
High fibre	4 biscuits	3.5			

Sourced from Borushek, A 2011, Calorie Fat & Carbohydrate Counter, Family Health Publications, WA